



It Only Takes a Minute to:

- ❖ Say I love you
- ❖ Say yes
- ❖ Say no
- ❖ Look under the bed & in the closet for the boogie man
- ❖ Hide a surprise for me
- ❖ Ask about my nightmares
- ❖ Laugh at my joke
- ❖ Kneel down to my eye level
- ❖ Answer my question
- ❖ Put my artwork on the fridge
- ❖ Put my photo on your desk
- ❖ Compliment my new outfit
- ❖ Catch me doing something right
- ❖ Ask my opinion
- ❖ Introduce me to your friends
- ❖ Ask me to help you
- ❖ Meet my teacher
- ❖ Make a funny face at me
- ❖ Pat me on the back
- ❖ Bandage my booboo
- ❖ Discipline me
- ❖ Share a secret
- ❖ Leave a message in my lunch
- ❖ Make my lunch
- ❖ Say good morning
- ❖ Say good night
- ❖ Tell me what you expect of me
- ❖ Pray with me
- ❖ Calm my fears
- ❖ Hold my hand
- ❖ Hold me when I am sick
- ❖ Be my parent..... ONE MINUTE AT A TIME

(Our thanks to Heather Lint for creating this list)



It Only Takes a Minute to:

- ❖ Put me first
- ❖ Turn down the overtime
- ❖ Spend a minute with me
- ❖ Tell me a "tall tale"
- ❖ Get out my stroller for a walk
- ❖ Encourage me to explore
- ❖ Wash my hands
- ❖ Wipe my nose
- ❖ Put on my jacket
- ❖ Put on my shoes
- ❖ Show me a map of our neighborhood
- ❖ Teach me to share
- ❖ Teach me to make my bed
- ❖ Tell me I'm helpful
- ❖ Tell me to think before I speak
- ❖ Tell me winning isn't everything
- ❖ Tell me nobody's perfect
- ❖ Tell me "good job"
- ❖ Tell me I'm handsome
- ❖ Tell me I'm beautiful
- ❖ Tell me You love being my parent
- ❖ Tell me I'm special
- ❖ Show me the man on the moon
- ❖ Show me the milky way
- ❖ Tell me you knew I could do it
- ❖ Tell me you trust me
- ❖ Help me try again
- ❖ Tell me you admire me
- ❖ Tell me I'm not alone
- ❖ Tell me congratulations
- ❖ Brush my hair
- ❖ Be a parent....ONE MINUTE AT A TIME

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It Only Takes a Minute to:

- ❖ Recite me a poem
- ❖ Tell me a riddle
- ❖ Tell me a nursery rhyme
- ❖ Sing me a song
- ❖ Tell me I'm a miracle
- ❖ Tell me I'm perfect just the way I am
- ❖ Buckle my seatbelt
- ❖ Tighten my car seat
- ❖ Lock the front door at night
- ❖ Teach me to dial 911
- ❖ Teach me to hold my breath
- ❖ Teach me to float on water
- ❖ Take a picture of my milestones
- ❖ Pick a flower for me
- ❖ Tickle me
- ❖ Blow me a kiss
- ❖ Wave goodbye
- ❖ Lock the car doors
- ❖ Watch me do a somersault
- ❖ Look at me
- ❖ Protect me in a crowd
- ❖ Slow down in my school zone
- ❖ Slow the car down to the speed limit
- ❖ Remember I'm just a child
- ❖ Take your pre-natal vitamin
- ❖ Give me my daily vitamin
- ❖ Turn down that drink
- ❖ Change the fire detector batteries
- ❖ Teach me to put on my bike helmet
- ❖ Teach me to look both ways
- ❖ Lock up all guns
- ❖ Lock the cleaning supplies cabinet
- ❖ Be a parent.....ONE MINUTE AT A TIME

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It Only Takes a Minute to:

- ❖ Replace the cap on the medicine bottle
- ❖ Hold my hand in the parking lot
- ❖ Put up the baby gate
- ❖ Ignore the phone while giving me a bath
- ❖ Read the notes I bring home from school
- ❖ Encourage me to read
- ❖ Help me answer a math question
- ❖ Teach me a reply to drugs
- ❖ Put sunscreen on me
- ❖ Tell me the truth
- ❖ Listen to my stories
- ❖ Hug me
- ❖ Kiss me
- ❖ Teach me to count to sixty
- ❖ Teach me my ABC's
- ❖ Teach me to sign the alphabet
- ❖ To tell me you are proud of me
- ❖ Notice me
- ❖ Smile at me
- ❖ Give me a valentine
- ❖ Feed me
- ❖ Change my diaper
- ❖ Keep me from falling into the pool
- ❖ Keep me from running into the street
- ❖ Watch me in the bathtub
- ❖ Ask me my favorite color
- ❖ Ask me what I want to be when I grow up
- ❖ Read me the funny pages
- ❖ Give me water
- ❖ Give me fruit & veggies
- ❖ Tell me I'm awesome
- ❖ Be a parent.....ONE MINUTE AT A TIME

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It Only Takes a Minute to:

- ❖ Call and say hello when you're gone
- ❖ Say happy birthday
- ❖ Admit you made a mistake
- ❖ Make eye contact
- ❖ Ask how my day was
- ❖ Turn off the tv and start a conversation with me
- ❖ Serve dinner at the dinner table
- ❖ Listen to my complaints
- ❖ Give me space
- ❖ Turn off the tv shows I shouldn't watch
- ❖ Turn off the movies I shouldn't watch
- ❖ Check my ID to make sure I am old enough to see that movie, buy cigarettes or drink
- ❖ Count to 60 to keep from hitting me when you are angry
- ❖ Notice I'm sad, mad or upset, ask why
- ❖ Ask if my friends' parents are going to be home
- ❖ Meet my date/new friend
- ❖ Give me advice
- ❖ Send me a postcard when you're away
- ❖ Notice I'm running away
- ❖ Ask me what song I'm listening to
- ❖ Believe in me
- ❖ Tell me I've grown
- ❖ Give me feedback
- ❖ Stop what you are doing & listen to me
- ❖ Forgive me
- ❖ Send me an email
- ❖ Teach me a value
- ❖ Say "I'm sorry"
- ❖ Be a parent....ONE MINUTE AT A TIME

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It Only Takes a Minute to:

- ❖ **Start a conversation about a current event**
- ❖ **Show me your loyalty**
- ❖ **Tell me a positive instead of a negative**
- ❖ **Teach me to be un-biased**
- ❖ **Invite me to dinner**
- ❖ **Set a curfew**
- ❖ **Check out the website I'm on**
- ❖ **Ask who I'm (instant) messaging**
- ❖ **Tell me it's ok to make mistakes**
- ❖ **Share my excitement**
- ❖ **Tell me not to smoke**
- ❖ **Tell me not to drink and drive**
- ❖ **Tell me not to do drugs**
- ❖ **Ask me how I feel**
- ❖ **Tell me a joke**
- ❖ **Tell me my feelings are normal**
- ❖ **Tell me I'm smart**
- ❖ **Tell me I'm a great athlete**
- ❖ **Listen to me**
- ❖ **Be a parent....ONE MINUTE AT A TIME**

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